



Appraisal of Unani basics in the Prevention & management of Viral-fever (*Humm e Virusi*) -A Review Article

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ABSTRACT

The Viral fever has been described in Unani System of Medicine in a very elaborative manner. Besides controlling raised body temperature, the management also comprises other measures to achieve holistic treatment. The basic modes of treatment viz. Ilaj bil Ghiza (dietotherapy), Ilaj bil Tadbeer (regimenal therapy) and Ilaj bil Dawa (pharmacotherapy) are taken into account as per the basic principles of treatment in Unani medicine. Use of cold water and other drinks (mashroob) reduces body temperature, while use of easily digestible and jayyadul kemoos diet like maul asl, ma'ul shaeer, kashak-us-shaeer, aash-e-jau etc. are given in small amounts, just to provide strength to tabiát and to avoid further increase in morbid matter. Currently, no vaccine is available for viral fever, and disease control and prevention have mainly focused on vector control activities and surveillance that incorporates community participation. Despite vector control programs and heightened public awareness, outbreaks have occurred in several highly urbanized areas in certain areas across the globe. Although no clear description of viral fever is available in classical Unani text. But the disease entity is present in classical text under the caption of *Humma* due to *waba* and can be diagnosed as well as managed on the principles of *Amraze Wabai*.

Keywords: Humma, Viral Fever, Treatment and Precaution of viral fever Unani Medicine, Management of Viral fever,

I. INTRODUCTION

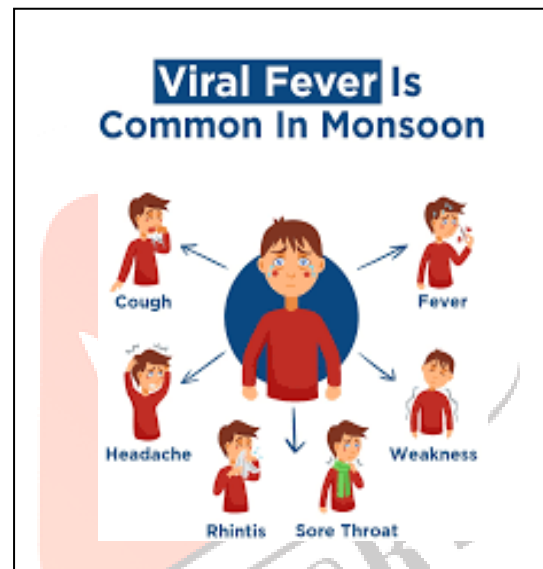
Most people have a body temperature of about 98.6°F (37°C). Anything a degree above this is considered a fever. Fevers are often a sign that your body is fighting off some type of bacterial or viral infection. A viral fever is any fever that's caused by an underlying viral illness. A variety of viral infections can affect humans, from the common cold to the flu. A low-grade fever is a symptom of many viral infections. But some viral infections, such as dengue fever, can cause a higher fever.

A. Symptoms of a viral fever.

Viral fevers can range in temperature from 99°F to over 103°F (39°C), depending on the underlying virus. If you have a viral fever, you might have some of these general symptoms:



**Fig. 1 Viral Fever-
Sign and Symptoms**



**Fig. 2 Viral Fever-
Common in Manson**

- Chills
- Sweating
- Dehydration
- Headache
- Muscle aches and pains
- A feeling of weakness
- Loss of appetite

These symptoms usually only last for a few days at most.

B. Causes a viral fever.

A viral fever is caused by infection with a virus. Viruses are very small infectious agents. They infect and multiply within the cells of your body. A fever is your body's way of fighting off a virus.

Many viruses are sensitive to shifts in temperature, so a sudden increase in your body temperature makes you less hospitable to viruses.

There are many ways that you can become infected with a virus, including:

- **Inhalation.** If someone with a viral infection sneezes or coughs near you, you can breathe in droplets containing the virus. Examples of viral infections from inhalation include the flu or common cold.
- **Ingestion.** Food and drinks can be contaminated with viruses. If you eat them, you can develop an infection. Examples of viral infections from ingestion include noro-virus and entero-viruses.
- **Bites.** Insects and other animals can carry viruses. If they bite you, you can develop an infection. Examples of viral infections that result from bites include dengue fever and rabies.
- **Bodily fluids.** Exchanging bodily fluids with someone who has a viral infection can transfer the illness. Examples of this type of viral infection include hepatitis B and HIV.

C. Diagnosis of viral fever

Both viral and bacterial infections often cause similar symptoms. To diagnose a viral fever, a doctor will likely start by ruling out a bacterial infection. They can do this by considering your symptoms and medical history, as well as taking any samples to test for bacteria. If you have a sore throat, for example, they might swab your throat to test for bacteria that causes strep throat. If the sample comes back negative, you likely have a viral infection.

They can also take a sample of blood or other bodily fluid to check for certain markers that might indicate a viral infection, such as your white blood cell count.

D. Treatment of viral fevers

In most cases, viral fevers don't require any specific treatment. Unlike bacterial infections, they don't respond to antibiotics. Instead, treatment usually focuses on providing relief from your symptoms. Common treatment methods include:

- Taking over-the-counter fever reducers, such as acetaminophen or ibuprofen, to reduce a fever and its symptoms
- Resting as much as possible
- Drinking plenty of fluids to stay hydrated and replenish fluids lost while sweating
- Taking antiviral medications, such as oseltamivir phosphate (tamiflu), when applicable
- Sitting in a lukewarm bath to bring your body temperature down

E. Condition in India

In developing countries like India, the hazard of dengue has shown a boost in recent years due to swift urbanization, lifestyle changes and poor water management including improper water storage practices in urban, peri-urban and rural areas, leading to proliferation of mosquito breeding sites. The disease is linked with a seasonal form i.e. after monsoon a peak in cases is observed. Though, in Gujarat and the southern states and the transmittance is perennial. According to recent reports the disease is endemic in around thirty states/ UTs. The case fatality rate was 0.22 per cent. The maximum numbers of cases were reported from Punjab followed by Tamil Nadu, Gujarat, Kerala and Andhra Pradesh. All the four serotypes i.e. dengue 1, 2, 3 and 4 have been isolated in India but at present DENV-1 and DENV-2 serotypes are widespread.¹⁰

II. Viral Fever in the Unani system of Medicine:

The fever has been described in Unani System of Medicine in a very elaborative manner. Different types of fever, their pathophysiology, clinical presentation and management are illustrated very clearly. Besides controlling raised body temperature, the management comprises other measures also to achieve holistic cure. The management includes basic modes of treatment viz. Ilaj bil Ghiza (dietotherapy), Ilaj bil Tadbeer (regimenal therapy) and Ilaj bil Dawa (pharmacotherapy) step by step according to the well-defined principles laid down in Unani System of Medicine. Therefore, to manage raised body temperature patients are advised to take barid mashroobat (cold beverages), then some procedures of regimenal therapy like cold sponging, ghusl-e-barid (cold bath) etc. is done, and finally some medicines are prescribed as per need.

In this paper, an attempt has been made to categorize the different means of management of fever under the headings of well-known methods of treatment of Unani Medicine. Unani physicians have extensively discussed the line of treatment of fever, but in scattered manner. In this paper an effort has been made to explore these guidelines of treatment and their rationality under specific headings, so that a quick review can be made while discussing the basic principles of management of fever. The details of all modes of treatment and their possible mechanism of action (the way they normalize the body temperature) and how they support the body to combat the ailing condition of fever is described as follows:

A. Ilaj Bil Ghiza (Dietotherapy)

Basic concept of Tib-e-Unani (Unani Medicine) is that tabi'at (Medicatrix naturae) is the real mualij (physician), hence it becomes necessary to protect and strengthen this tabi'at and diet management plays a vital role in it. Therefore, if the subject is strong enough to fast, it is better to do faaqa (fast/ avoid meals), so that the tabi'at remains free from the digestive process and may pay full attention for the restoration of health. The patients of Humma yaum should not be advised faaqa (fast/ avoid meals), as it is supposed that this fever will subside within a day or two, and will not affect the tabi'at too much. But the patients of humma yaum ishaliya (fever with loose motions) in which the etiology is tухma must be advised faaqa¹. And if it is not possible to do faaqa (fast), Ghiza-e-lateef wa jayyadul kemoos (light and nutritious diet) is given, so that the tabi'at (Medicatrix naturae) remains strong enough to fight with the ailing condition. If fever is acute and it is supposed to continue only for a week and quwa/ tabi'at is not too weak, then only liquid diets like ma'ul asl, julab, juice of pomegranate and milk

etc. may be given to the patient.

When it expected that this fever will continue for 2 weeks then Milk, Barley water, Pearl sago (Sagoodana) should be given. If it is difficult to assess the period of fever, then after a few days of using ma'ul asl the patient should be given ma'ul shaeer, as it is easily digestible, produces good quality blood and moreover the temperament of ma'ul shaeer is barid ratab. In general all patients of fever should be given liquid diet as it helps in normalizing the body temperature by improving diuresis and diaphoresis like ma'ul asl, sikanjbeen, aab-e- anar, aab-e-naranj, aab-e-tarbooz, julab, sharbat-e- gul, ma'ul shaeer, kashak-us-shaeer, Milk, etc. But old patients and children should never be put on fasting as they are too weak to tolerate it ^{1,2,3}. Diets advised to the patients must be barid (cold) and ratab (wet) and in temperament as it will antagonize the effect of fever because it is a disease of soo-e- mizaj haar yabis (deranged hot and dry temperament) and use of such diets are very much rational as per the basic principles of management of Unani Medicine i.e. ilaj bil zid (antagonistic therapy) ⁴.

Reduction in the quantity of diet is beneficial in all types of fevers as tabi'at of the patient confronts with the disease more efficiently and effectively ⁵.

According to Ibn-e-Sina 'aash-e-jau' (Barley water) is the best diet for the patients of fever. Ibn-e-Sina has cited 12 qualities of aash jau⁴:

- Thick in consistency
- Viscid
- Easy to swallow
- Energetic
- Provides wetness
- Easy to digest
- Cold in temperament
- Quenches the thirst
- Easily absorbed
- Does not stick in the alimentary passage
- Enhance the phlegm
- Non-flatulent

The patients in which use of aash-e-jau is contraindicated may be given ma-ul asl, but it has less nutritive value and sikanjbeen may be another substitute for ma-ul asl ⁴. While managing the patients of haar mizaj (hot temperament) or safravi mizaj (bilious temperament) usually sour syrups are used and sweet syrups are avoided except sharbat neelofar, which can be used in such patients. If sour syrups are being used it should be well diluted. Sikanjbeen and other sour material are used to prevent the tendency of fever to change into humma safravi (bilious fever)⁵. Patients of fever should not be given fatty meals, because it may increase the morbid matter except roghan badam sheerin as Unani physicians have advocated its use in the management of fever⁵. If the diet of the patient of fever is not regulated according to the principles as mentioned, it may lead to the formation of akhlat-e-ghair saleha (bad humours) and may enhance the quantity of morbid material, therefore

may increase the course/ severity of the fever. If food is given to the patient, it should be given during waqfa (afebrile phase) or during lowest temperature so that it can be digested properly. Therefore, the patient should be empty stomach when the body temperature rises so that tabiát (Medicatrix naturae) may concentrate to eliminate the causative factor of fever rather to divert towards the digestive system^{2,6}. Regarding use of **cold water** in fever following rules are made by the physicians of Unani system of medicine:

- Cold water is neither always beneficial nor always harmful.
- Fever is like fire, therefore water is the best mean to counter it, for high grade fevers cold water is medicine and cure in itself; hence Shaikh Bu Ali Sina says: the patients of humma ufoonia (infective fever) should not be stopped to use cold water and the patients of humma safravi (bilious fever) must be given cold water.
- In high grade fever cold water provides strength to the quwwat-e-tabáia/ tabiát (Medicatrix naturae).
- Cold water often helps quwwat-e-tabáia/ tabiát to remove morbid matter from the body through vomiting, urination, sweating and even through loose stools; therefore it is wise to give cold water to the patients of high grade fevers^{3,4,7}.
- Patients get relief form humma muharraqa (high grade fever) when given plenty of cold water until it induces chills/ rigors, this will normalize the temperature or will convert humma muharraqa into humma balghamia (phlegmatic fever) ⁶.

But cold water should be used with precaution in patients of fever with following conditions:

- Morbid matter is thick
- Cold & cough or any respiratory disorder
- Deranged temperament of stomach or liver
- Inflammation in any viscera
- Pain
- Debilitating condition
- Anaemia

Patients of humma safravi (bilious fever) should be given cold water except in those subjects who have weak innate heat, and in those patient also who are not habitual for drinking cold water⁶. The Sikanjbeen quenches the thirst in fever, cools the hiddat of Safra, and keeps the oral cavity wet and moist. Sirka (vinegar) of the sikanjbeen breaks the heat of Safra moreover it converts Ghaleez (thick) morbid matter into Lateef (thin) making it easy to remove from the body, whereas Honey provides innate heat and nutrition to the ailing body⁶. In case when cold water is harmful, cold Sikanjbeen is the best substitute ³. If fever is associated with inflammation in liver then only Sikanjbeen should be used to combat the fever ⁶.

If constipation is a concomitant presentation in the patients of fever then no food should be allowed until the constipation is relieved and very first emphasis is given to clear the bowel. Stasis of fuzla (faecal matter) in the máa mustqeem (colon) for a longer period may lead to formation of qimoos-e-ghair saleha and when this is utilized in the liver, akhlat-e-ghair saleha is produced. Thus it becomes necessary to clear the bowel.

Another concept to manage the constipation first is that; if the bowel is not clear and remains full of fuzla (faecal matter), the tabiát (Medicatrix naturae) cannot give full attention to manage the fever. Moreover

constipation leads to flatulence and fullness of abdomen. In a state when the bowel is free from the faecal matter the tabiát (Medicatrix naturae) works more attentively, efficiently and properly to normalize the body functions. Thus it is necessary to clear the bowel first.

For the management of constipation, well defined guidelines are there like:

- Only laxatives should be used and purgatives should be avoided (purgatives weakens the tabiát of the patient).
- Laxatives used should be cold and wet in their temperament like:
 - Saboos-e-aspghol (aspgol husk)
 - Gulqand maahtabi
 - Khameera banafsha
 - Tamarhindi (tamarind pulp) in large quantity
 - Aalu Bukhara (plum pulp) in large quantity

Use of above mentioned mulayyanat (laxatives) are the best options as they have laxative as well as mubarrid and musakkin properties to lower the body temperature to normal. In high grade fever aalu bukhara, zula tamar hindi with shakar or anar tursh with ussara shaljam with shakar may be used to manage constipation^{7,8}. If there is qulanj (severe constipation) with fever, kashak aab should be given to remove the faecoliths along with mild enema⁶. Shaikh Bu Ali Sina advocates using Mild purgative enema (huqna) instead of oral purgative in this condition. Mild enema clears the bowel only by local effect at the lower alimentary canal without disturbing the whole body whereas purgatives affect the whole body as it gets digested and absorbed leading to disturbance of the normal physiological mechanism. The following nuskha may be used for this purpose⁴:

Aab-e-Tarbooz, Aab-e-Khiyar, Aab-e-Kaddu, Aab-e-Khurfa, Roghan-e-Gul with little Kafoor

B. ILAJ BIL TADBEER (REGIMENAL THERAPY)

Ilaj bit Tadbeer includes keeping the patient in a cold and moist ambient. This can be achieved by following ways and all these tadabeer lowers the body temperature of the patient.

- Keep the patient in a water tub
- Spraying cold water mixed with itr-e-khas, arq-e-gulabor arq-e-kewda
- Waving moist hand fans in front of the patient

One of the important tadabeer to lower down the raised body temperature in fever is to put a cloth over the forehead, abdomen and on the hands and feet of the patient and wetting this cloth in ice cooled sirka and arq-e-gulab. If these tadabeer fail to bring the body temperature normal, then the patient is being drenched in cold water known as ghusl-e-barid. In case of high grade fever every possible measure should be taken to lower down the temperature in order to avoid any complication.

III. ILAJ BIL DAWA (PHARMACOTHERAPY)

The drugs used are dafe humma, muárriqat, musaffiyat wa muáddilat, mubarridat wa musakkinat, mudirrat, muqawwi kavid and mufarrehat.

- A. Dafe Humma** lowers the body temperature by virtue of its innate property. Khaksi has an enormous effect to lower the raised body temperature. Khaksi (*Sisymbrium irio*), Karanjwah (*Caesalpinia bonducella*), Bada-aaward (*Fagonia arabica*), Kankana (*Cinchona officinalis*), Atees (*Aconitum heterophyllum*) are used for this purpose 5,8,9,10,11.
- B. Muárriqat** are drugs which induce sweating. Perspiration helps in lowering the body temperature by taking away latent heat from the body. Muárriqat also helps to get rid of the fever by removing the morbid matter from the body that is why the sweat of a patient of fever is foul smelling as it contains mawad-e-fasida (noxious matter). Pudeena (*Mentha piperita*), Badranjboya (*Melissa officinalis/ Nepta cataria*), Gul-e-Babuna (*Matricaria chamomilla*) are mostly used Unani medicines for this purpose 9, 11.
- C. Musaffiyat wa Muáddilat-e-dam** also lowers the body temperature by decreasing the ghilyaan and ufoonat of the blood. According to the concept of tibb-e-Unani there is ghilyan (excessive heat) in the blood in case of humma ufoonia. To decrease the ghilyan of the blood it is necessary to use some muáddilat-e-dam. These muáddilat-e-dam normalize the excessive heat of the blood by virtue of its mizaje barida (cold temperemant). Aalu Bukhara (*Prunus domestica*), unnab (*Zizyphus vulgaris*), gilo (*Tinospora cardifoilia*), tamar hindi (*Tamaridus indica*) are being used for this purpose 8,9,10, 11.
- D. Musaffiyat** not only detoxifies the mawad-e-faasida (noxious matter) produced by infection. This detoxification takes place either by making the morbid/ noxious matter removable from the body or by nullifying its toxicity. Musaffiyat also checks the infection and reduce the production of morbid/ noxious matter. Most of the musaffiyat being cold in temperament also acts as coolant of the blood. Therefore, musaffiyat act in various ways to control the raised body temperature and to restore healthy blood and healthy body. Chiraita (*Swertia chirata*), shahtara (*Fumaria officinalis*), gilo (*Tinospora cordifoilia*), chobchini (*Smilax china*), ushba (*Smilax ornata*) are being used for this purpose 8, 9, 10, 11.
- E. Mubarridat** by virtue of its mizaj (temperament) and cooling effect lowers the raised body temperature to normal. According to Ibn-e-Sina, luab isapghol, beehdana, aab khurfa, rub-us-soos are bil-quwa and bil-feál cold (by virtue of their strength and action), therefore these are the best musakkin/ mubarrid⁴. Kafoor (*Cinnamomum camphora*), tabasheer (*Bambusa arundinacea*), rehan (*Ocimum sanctam*), khurfa siyah (*Portulaca oleracea*), qinnab (*Cannabis sativa*), asapghol (*Plantago ovata*) are being used for this purpose 7,8,9,10,11.
- F. Mudirrat** are used to detoxify the blood by eliminating the toxins and noxious matter which are produced in humma-e- ufoonia. Fever being the hyper-metabolic state, produces waste material in excess to normal; therefore use of mudirrat helps to remove these wastes from the body rapidly. Parsiyaoshan (*Adiantum capillus*), tukhm tarbooz (*Citrullus vulgaris*), khurfa (*Portulaca oleracea*) and kutki (*Picrorhiza kurroa*) are being used for this

purpose^{10,11}.

G. Muqawwi Kabid medicines are also a part of prescription for hummiyat. One aspect of using muqawwi kacid drugs is that it protects the liver/ body from the mawad-e-fasida (morbid matter) produced during fever. Another aspect is to produce akhlat-e-saleha in a greater quantity and of best quality. Aftimoon (*Cuscuta reflexa*), kasaundi (*Cassia occidentalis*), kutki (*Picrorhiza kurroa*), baranjasif (*Artemisia vulgaris*), afsanteen (*Artemisia absinthium*), zarishk (*Berberis vulgari*), bathua (*Chenopodium album*) are being used for this purpose^{8, 9, 10, 11}.

H. Mufarrehat are used to boost the quwwat-e-manaát and it gives the feeling of well being to the patient. Rehan (*Ocimum sanctam*), badranjboya (*Melissa officinalis/ Nepta cataria*), sandal (*Santalum album*) are being used for this purpose.

IV. Do or don't in fighting of Viral Fever.V.



**Fig. 3 Viral Fever-
High Body Temperature**



**Fig. 4 Viral Fever-
Savior Rhinitis**

It's winter in Suffolk County! That means evenings by the fire, snowball fights, and sometimes, fever. A fever is your body's response to an illness or infection. Keep in mind, unless it rises too high, a fever can be a good thing. Whether caused by a bacterial infection or a virus, a fever helps your body recover. Take a minute and read about the dos and don'ts of fighting a viral fever.

A. Do Take Medicine for a Viral Fever

One of the most common ways you can fight a viral fever is with over-the-counter (OTC) medications. Keep in mind a low-grade fever of between 98.7°F and 100.4°F may not need fever reducing medication. If your fever is higher, you're experiencing discomfort, or your fever lingers for longer than 24 hours, your doctor may suggest you take acetaminophen or ibuprofen.

B. Don't Expect to Take Antibiotics

Sometimes patients feel a bit disappointed when they visit one of the urgent medical centers and go home without a prescription. Unless they suspect you have a bacterial infection such as strep throat, doctors don't prescribe antibiotics to treat fevers. If your fever is caused by a virus, such as a cold or influenza, an antibiotic won't cure it or relieve the symptoms. Rest assured, by not prescribing an unnecessary medication, your doctor is looking out for your health. Speaking of rest, it's a great fever treatment!

C. Do Get Plenty of Rest

The funny thing about fevers is that activity can raise the body's temperature. This means if you already have a fever and continue with your normal level of activity, you can interfere with your body and its attempts to fight the fever. It's one reason why doctors prescribe rest as part of a fever treatment regimen. Fevers also tend to make you feel tired, so the need for rest makes sense.

D. Don't Forget to Drink Water

When you have something higher than a low-grade fever, your body can easily lose fluids. This may result in dehydration. The best way to avoid dehydration is to drink plenty of fluids. If you're a person who finds water a bit boring, you can drink clear soup, broth, Pedialyte, very diluted juice, or suck on ice chips. The main drink should be water but don't hesitate to include the others as well.

E. Do Keep Your Cool

Since a fever makes your body temperature rise, one of your goals is to cool your body down. Take off heavy layers of winter clothing. It might be cold outside, but a body with a fever prefers a lightweight shirt. You can also apply a cool cloth to your forehead or take a cool sponge bath.

VI. Viral Fever: Incredible Natural Herbs To Combat Viral Fever

Viral fever is a common ailment occurring these days affecting both adults and children. The change in climate and a rise in temperature during this season is one of the risk factors behind viral fever. Viral fever is mostly triggered by airborne infections that we get from the air we breathe and also transmitted from an infected person. A wide range of viral infections can affect humans from the common cold to the flu, mild-fever or a low-grade fever is the most common symptom of many viral infections. Sore throat, cough, runny nose and body aches are some of the common symptoms of viral fever. Fret not mild viral fever can very well be managed at home, by having a well-balanced diet, including a lot of comforting foods, drinking plenty of fluids and taking adequate rest.



Fig. 5 Home Remedies used in Viral Fever



Fig. 6 Viral Fever- Common Food used

Apart from this, Mother Nature has also gifted upon us a rich array of herbs that work as an amazing natural remedy in curing viral fever. However, if fever persists seek immediate medical care or try some of these natural remedies to battle low-grade viral fever.

A. Honey Ginger Tea

The potent anti-inflammatory, antioxidant and analgesic properties of ginger have the amazing potential to offer relief and reduce the symptoms of viral fever. Honey with potent antimicrobial properties aids in lessening infections and treat cough. Boil one teaspoon of grated ginger in a cup of water for 2-5 minutes, strain the concoction and add a teaspoon of honey, drink this tea twice daily to get respite from viral fever.

B. Coriander Seeds

The goodness of essential plant phytonutrients in coriander seeds are well-known to trigger the immune system. Coriander seeds are loaded with natural volatile oils and antibiotic compounds that are incredibly potent for curing a viral infection. Drink a concoction or simply steep a few coriander seeds in half a litre of water and drink this water several times in a day to instantly boost your immune system.



**Fig. 7 Viral Fever-
Ginger Tea used to control**



**Fig. 8 Home remedies for
Viral Fever**

C. Tulsi Tea

Tulsi leaves are a storehouse of volatile oils including eugenol, citronellol and linalool facilitate to lessen inflammation. The strong antibacterial, germicidal, anti-biotic and fungicidal properties of tulsi leave function well to lessen the symptoms of viral fever. Drink tulsi water or chew a few tulsi leaves to get relief from, fever, headache, cold, cough, flu and soothe an irritated throat.

D. Garlic

The potent antibacterial properties in garlic are effective in treating viral fever. Add 2-3 crushed pods of garlic to a quarter cup of warm water drink it or have it in the form of soup which serves as comforting food and reduces the fever.

E. Rice Starch/Water

Rice water, also known as kanji is a very famous home remedy for treating viral infection. It works as a diuretic agent that detoxifies the system and clears out toxins from the body thereby assists in treating viral fever. Have a glass of rice water or kanji on an empty stomach to get respite from fever.

F. Moringa

Moringa is blessed with immense nutritional and medicinal benefits. The plant is a storehouse of vitamins, minerals, antioxidants and antibacterial agents that works wonder in combatting viral fever. Moreover, studies have also proven that the bark of the moringa plant substantially lessened fever and flushed out detrimental toxins from the system.

G. Black Pepper

Black pepper is a versatile plant widely used in Ayurveda for its incredible healing and balancing properties. Heaped with potent antibacterial and antibiotic traits it is beneficial in treating respiratory ailments. Furthermore, rich in Vitamin C, black pepper helps to build a robust immune system and keep diseases at bay. Boil a cup of water add 1 tsp of crushed black pepper and few tulsi leaves, sip this refreshing tea all through the day to fight viral fever.



**Fig. 9 Viral Fever-
Common Dry Fruits**



**Fig. 10 Viral Fever-
Food Remedies**

H. Amala

Amala is valued as a divine elixir in the holistic science of Ayurveda of treating several maladies. It is one of the richest sources of Vitamin C, which helps you to strengthen the immune system and fight seasonal infections. All you have to do is take an amala or a concoction of amala every day to get relieved from

viral fever.

I. Oregano

Oregano is a potent herb in the mint family that's known for its incredible medicinal and therapeutic properties. The active plant compound carvacrol in oregano is credited to possess antiviral properties. Several studies have revealed that oregano oil is effective against the herpes virus, rotavirus, and other respiratory infections. Brew oregano tea along with turmeric powder and drink this twice daily for best results.

J. Sage

Sage is an aromatic herb that has been used since times immemorial in traditional medicine to treat viral infections. The antiviral activities of sage are attributed to plant compounds safficinolide and sage one, that are abundant in the leaves and stem of the plant. Drinking a glass of sage decoction eases the symptoms of fever.

K. Lemon Balm

Lemon is a commonly used ingredient in teas and seasonings, which is known to have strong medicinal traits. Lemon balm extract is an impressive source of essential oils and plant compounds that exhibit antiviral properties against influenza, herpes, and enterovirus.

L. Fennel

A very popular spice in Indian households, Fennel also called Saunf can fight many viruses that could be a reason for persistent fever and respiratory tract infections. Fennel extracts exhibit strong antiviral effects due to the presence of a component called trans-anethole. Besides, it may also boost your immune system to heal faster against the infection which could be the primary cause of chronic fever.

M. Liquorice Root

Liquorice root has been used in traditional medicines and other natural remedial practices for ages to combat infections and inflammations. Liquorice is laden with antiviral properties owing to its powerful components such as Glycyrrhizin, Liquiritigenin, and Glabridin. These active substances in liquorice root keep viral infections at bay and are effective against HIV, herpes viruses, and severe acute respiratory anomalies.

N. Turmeric and Ginger Extract

Turmeric as we know is an ideal herb for viral infections since it possesses incredible antibacterial, antiviral, and anti-inflammatory properties. Turmeric root mixed with ginger root or powder can be boiled in water to form a dense decoction to ward off viral infections.

O. Rosemary

Known for its therapeutic applications, Rosemary has numerous plant compounds, including oleanolic acid which is known to possess antiviral effects against herpes viruses, influenza, and Hepatitis A thus warding off many viral infections.

Conclusion

After reviewing different dimensions of management of fever, it may be concluded that the approach is holistic management. It comprises ilaj bil ghiza, ilaj bit tadbeer and ilaj bil dawa. Ilaj bil ghiza including use of cold water is much elaborative and rational in order to protect and strengthen the tabiát to combat the ailing condition efficiently. Ilaj bit tadbeer to normalize the body temperature in a natural way and finally ilaj bil dawa with dafe humma, muárriqat, muáddilat-e-dam wa musffiyat, mubarridat, mudirrat andmuqawwi kabid drugs. Use of all these drugs lowers the raised body temperature by different ways, i.e. by their cooling effect, detoxifying the body from morbid/ noxious matter and by providing strength to tabiát as discussed above in detail.

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